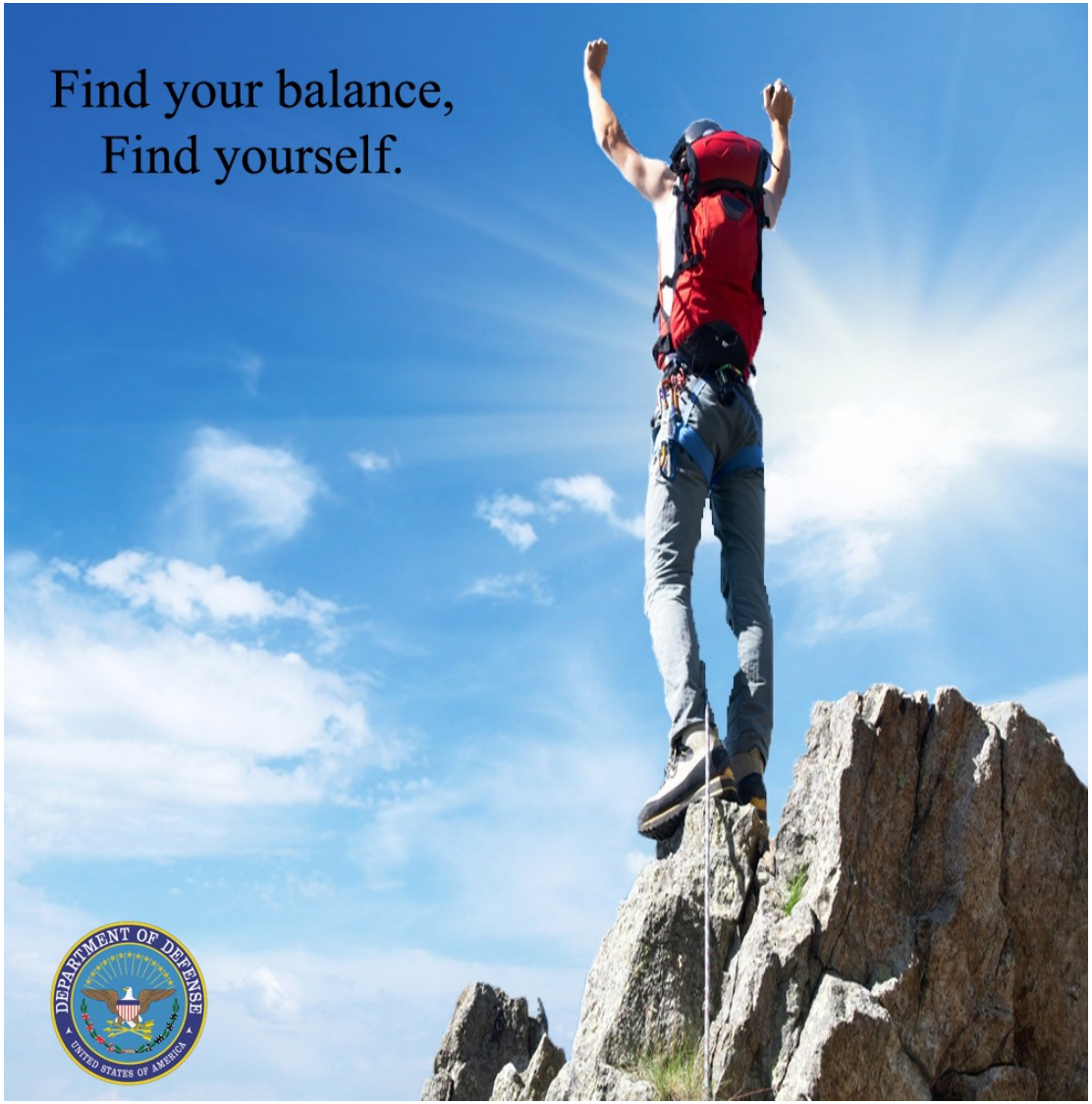

Find your balance,
Find yourself.
DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

Monthly Wellness Themes

- January - Setting Realistic Goal for New Year
- February – Heart Health
- March - Nutrition - Prevention of Childhood Obesity
- April - Mental Health
- May - Employee Health and Fitness - Prevention of Childhood Obesity
- June - Home Safety
- July - Skin Cancer Awareness
- August - Immunization Awareness
- September – Suicide Prevention – Stress Management
- October – Breast Cancer Awareness & Domestic Violence Awareness
- November – Great American Smoke Out & Diabetes Awareness
- December – Holiday Health & Drunk and Drugged Driving Prevention

Make it a healthy holiday,
Develop a healthier future...
www.cpms.osd.mil/wellness/

8 Ways to Health

1) Wash you Hands:

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

2) Bundle up for Warmth

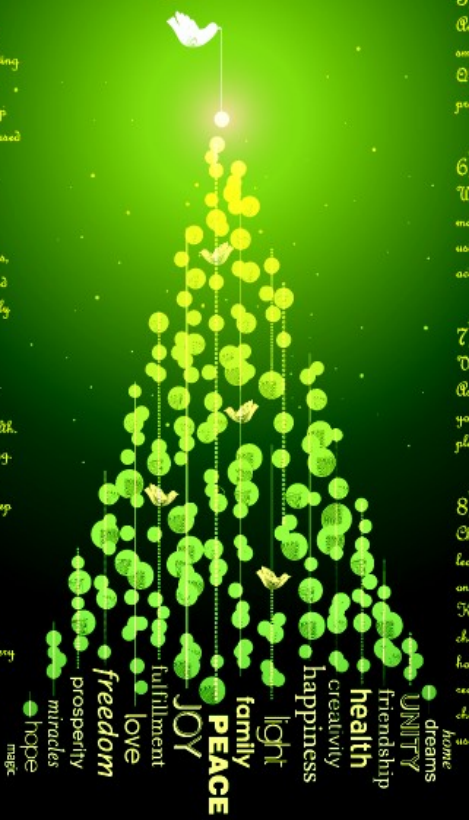
Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

3) Manage Stress

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Practice time management. Keep a relaxed and positive outlook.

4) Don't Drink and Drive

Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let someone else drink and drive.



5) Be Smoke-free

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

6) Fasten Belt while Driving

Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.

7) Get your Vaccinations

Vaccinations help prevent diseases and save lives. Ask your health care provider what vaccinations you should get based on your age, lifestyle, travel plans, and medical history.

8) Monitor the Children

Children are at high risk for injuries that can lead to death or disability. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, choking hazards (like coins and hard candy), household items, and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly.

For more information about Tobacco cessation please visit More tips at: http://www.cdc.gov/family/holiday/12ways.htm.The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense of the linked web sites, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation (MWR) sites, the United States Department of Defense does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site." This information is not meant as a substitute for personal medical advice. If you have a medical problem, you should consult your medical health care provider.